

## HUBUNGAN PERKULIAHAN DARING TERHADAP PENDERITA MIOPIA PADA MAHASISWA FAKULTAS KEDOKTERAN DAN ILMU KESEHATAN UNIVERSITAS MUHAMMADIYAH MAKASSAR

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### ABSTRAK

**Latar Belakang :** Akibat wabah Covid-19, tidak hanya menghambat aktivitas sehari-hari tetapi juga sistem perkuliahan. Daring atau sistem perkuliahan online sudah diterapkan diberbagai universitas. Namun dibalik kuliah daring banyak masalah kesehatan yang muncul terutama dimata salah satunya yaitu miopia. Miopia atau biasa disebut rabun jauh adalah keadaan dimana sumbu bola mata anteroposterior terlalu panjang atau kekuatan pembiasaan media refraksi yang terlalu kuat. Radiasi yang muncul dari layar smartphone atau laptop dapat membuat mata menjadi lelah dan lama kelamaan akan menimbulkan miopia bagi orang yang mata sehat sedangkan orang yang sudah berkacamata akan terjadi peningkatan derajat miopia.

**Tujuan Penelitian :** Penelitian Ini bertujuan untuk mengetahui apakah ada hubungan perkuliahan daring terhadap Penderita miopia pada mahasiswa Fakultas Kedokteran dan Ilmu Kesehatan Universitas Muhammadiyah Makassar serta mengetahui keuntungan dan kerugian perkuliahan daring terhadap kesehatan mata.

**Metode Penelitian :** Penelitian ini bersifat Observasional dengan rancangan Cross Sectional yang dimana variabel-variabelnya di dapatkan pada waktu yang sama. Pengambilan sampel menggunakan teknik simple random sampling.

**Hasil Penelitian :** Dalam hasil analisis kebiasaan saat kuliah daring didapatkan adanya hubungan antara jarak mata saat bermain gadget terhadap derajat miopia ( $p$ -value = 0,026), sedangkan variabel lain tidak berpengaruh terhadap derajat miopia ( $p$ -value > 0,05). Tidak ada hubungan antara durasi penggunaan gadget saat kuliah daring terhadap derajat miopia ( $p$ -value = 0,740). Terdapat peningkatan derajat miopia dari derajat sedang yang sebelum perkuliahan daring yaitu (15,9%) dan setelah perkuliahan daring (20,6%)

**Kesimpulan :** Terdapat hubungan antara variabel jarak mata saat bermain gadget terhadap derajat miopia sedangkan variabel lain tidak berpengaruh terhadap derajat miopia.

**Kata Kunci :** Perkuliahan Daring, Gadget, *Miopia*

# THE RELATIONSHIP OF ONLINE LEARNING ON MYOPIA PATIENTS IN STUDENTS OF THE FACULTY OF MEDICINE AND HEALTH SCIENCES MUHAMMADIYAH UNIVERSITY OF MAKASSAR

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## ABSTRACT

**Background :** As a result of the Covid-19 outbreak, not only hampering daily activities but also the lecture system. Online or online lecture systems have been implemented in various universities. However, behind online lectures, there are many health problems that arise, especially in the eyes, one of which is myopia. Myopia, also known as nearsightedness, is a condition in which the anteroposterior axis of the eyeball is too long or the refractive power of the medium of refraction is too strong. Radiation that appears from a smartphone or laptop screen can make the eyes tired and over time it will cause myopia for people with healthy eyes, while people who already wear glasses will experience an increase in the degree of myopia.

**Research purposes :** This study aims to determine whether there is a relationship between online lectures on myopia sufferers in students of the Faculty of Medicine and Health Sciences, University of Muhammadiyah Makassar and to find out the advantages and disadvantages of online lectures on eye health.

**Research methods :** This research is an observational study with a cross sectional design where the variables are obtained at the same time. Sampling using simple random sampling technique.

**Research result :** In the results of the analysis of habits during online lectures, it was found that there was a relationship between eye distance while playing gadgets on the degree of myopia (p-value = 0.026), while other variables had no effect on the degree of myopia (p-value > 0.05). There was no relationship between the duration of using gadgets during online lectures and the degree of myopia (p-value = 0.740). There is an increase in the degree of myopia from the moderate degree before online lectures (15.9%) and after online lectures (20.6%)

**Conclusion :** There is a relationship between the variable eye distance when playing gadgets on the degree of myopia while other variables have no effect on the degree of myopia.

**Keywords :** Online Lecture, Gadget, Myopia